

## HOUSE JOINT RESOLUTION 258

By Cooper B

A RESOLUTION relative to diabetes.

WHEREAS, diabetes is a chronic disease for which there is currently no known cure, and is the sixth leading cause of death in the United States; and

WHEREAS, individuals with Type 1 diabetes cannot produce any of their own insulin or amylin, hormones needed to help regulate sugar and food stores in the body; and

WHEREAS, individuals with Type 2, or adult onset, diabetes cannot produce enough of their own insulin or amylin, and often do not exhibit symptoms in the early stages of the disease; and

WHEREAS, the serious long-term complications of high blood sugar levels may include blindness, lower-extremity amputation, heart disease, kidney failure, and premature death; and

WHEREAS, in recent years, the number of individuals diagnosed with diabetes has increased forty-one percent; and

WHEREAS, nine out of ten individuals who are newly diagnosed with adult onset diabetes also suffer from obesity; and

WHEREAS, America is facing a diabetes epidemic, as an estimated 20.8 million Americans are living with the disease nationwide; and

WHEREAS, diabetes is a leading health problem in Tennessee with an estimated 542,000 adult residents currently living with the disease; and

WHEREAS, Tennessee's diabetes prevalence rate of 9.1% exceeds the national prevalence rate of 7% of the population; and

WHEREAS, the keys to reducing the incidence of, and complications associated with, diabetes are education, early detection, control, and proper treatment; and

WHEREAS, the earlier a person is diagnosed with diabetes and receives treatment, the better the person's chances are for avoiding diabetes complications; and

WHEREAS, the first line of treatment recommended by all treatment standards is diet and exercise; a healthy diet and the loss of excess weight can have a positive impact on the body's ability to fight off disease; and

WHEREAS, it has been shown that modest weight loss may help to lower blood sugar, blood pressure, and improve the level of fats in the bloodstream, which is beneficial to the treatment of diabetes and other metabolic diseases; and

WHEREAS, traditionally those at highest risk include older citizens who have a family history of the disease and who are overweight. However, in recent years there has been an alarming increase in the growing number of younger people who are being diagnosed with diabetes, which is attributed to lifestyle and excessive body mass; now, therefore,

BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE ONE HUNDRED FIFTH GENERAL ASSEMBLY OF THE STATE OF TENNESSEE, THE SENATE CONCURRING, that to reduce the rate of diabetes and its complications among high-risk populations, individuals are encouraged to seek early screening and early treatment; healthcare providers are encouraged to improve care for the control of diabetes and the treatment of major complications.

BE IT FURTHER RESOLVED, that healthcare providers are encouraged to adopt generally-recognized clinical practice guidelines such as the American Diabetes Association goals, recommendations, and standards that identify the reduction of body mass index (BMI), cardiovascular risk issues, and glycemic control as key factors to managing diabetes.

BE IT FURTHER RESOLVED, that healthcare providers are encouraged, as they detect and treat the emerging diabetes epidemic, to engage in an aggressive program with their patients, including dietary counseling and exercise, measurements of body weight, and other associated risk factors.

BE IT FURTHER RESOLVED, that appropriate copies of this resolution be transmitted to the Tennessee Medical Association, the department of health, and the Bureau of TennCare.